



SAVOPPER'S MARKET PAGE WEEKLY GUIDE.

Connecting the Housewife with Today's Market



SHOPS TO RE-OPEN

EL PASO, Tex., Jan. 27.—The El Paso & Southwestern Railroad repair shops here, which have been closed down since January 1, will re-open February 2, giving employment to between 250 and 300 mechanics. Official announcement of the re-opening was made today by General Manager A. E. Sweet.

MINER'S MEAT MARKET SPECIALS

Pork Shoulder 17½c
Roast, per lb. 17½c
Fresh Side Pork, per lb. 12½c
Young Veal Roast, per lb. 12½c
K. C. Beef Pot Roast, per lb. 12c
Try our Home Made Pure Pork Sausage—per lb., 25c; 2 lbs. 45c

A Young Fat Hen or Duck, live or dressed, from our market will make a most enjoyable Sunday Dinner.

Swift's Pure Silver Leaf Lard—per lb., 25c; 2 lbs. 45c

We have a new shipment of Fresh Select Large Oysters this morning.

Our line of Quality Pickles are always favored as a relish. Don't forget to include pickles in your order.

A breakfast fit for a king consists of ham and fresh country eggs. We have both and we sell are steadily winning favor with discriminating trade.

Try our K. C. Shoulder Steak, per lb. 15c
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HINTS TO YOUNG COOKS

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HOW TO MAKE SOUPS

An economical housekeeper may supply good gravy and thick soups at very little, if any, addition to the weekly expenses, since soups are an excellent method of using up scraps and bones from vegetables and joints that otherwise would be wasted. Soup, if taken as the primary course of a substantial dinner, if well flavored and warm, acts as a stimulant in the stomach, exciting the gastric glands and generally enabling the stomach to perform its functions more easily. For this object the soup should be thin and not too much of it should be partaken, lest it dilute the digestive juices too much. If it is to form the chief part of the meal the soup will be more nutritious if thickened; especially so if peas, beans, or lentils are used as the thickening mediums.

Stock is the liquid in which meat, bones, or vegetables have been cooked, and which contains an extract from these substances. It is used for soups, sauces, and gravies. Fresh or cooked bones or meat may be used. A stock pot may be kept on the stove, into which are put any scraps of meats, bones, gristle, or vegetables; at the end of the day its contents are strained and all the fat removed.

Bones and meats for stock must be broken into small pieces. Cold water should be used, and a little salt to extract the nutriment. The whole must be brought slowly to the boiling point, then the temperature lowered and the fat and scum taken off. When wanted for clear soups the vegetables used should be cleaned but not cut up, or with the long cooking they are liable to mash and thicken the soup. In hot weather it is better to leave out all vegetables, as the stock turns sour more quickly if vegetables have been used in its preparation. Vegetables can be cooked separately and added at serving time.

The soup should simmer five or six hours to extract the gelatinous matters. If the stock is skimmed occasionally, it will be much clearer. Keep the lid on the stock not to prevent loss by evaporation. The bones can be cooked again next day for a second stock, but the vegetables must be taken out. Care must be taken that nothing doubtful in freshness be put into the stock pot. Meat and bones should be well wiped with a damp cloth before using them. Onions will help to color the soup if they are left unpeeled. Simply wash them and cut

off the root end. Egg shells, which have been washed before, the eggs have been broken to use for other cooking, will help to clear stock, if added to the pot. For clear soups, care must be taken that nothing of a floury nature is added to the stock pot. Stock always should be strained before cooking. Never allow it to stand in the pot all night.

Clear gravy soup consists of the extractives, flavoring matters, and gelatin of meat and bones.

Consommé is a good stock made from beef, veal, and often fowl flavored with vegetables, cooled, and freed from fat. It is clarified with whites and shells of eggs and chopped raw lean beef, and strained through a cloth. It should be brilliantly clear and of a pale brown color, and may be served hot or cold. Any fat floating on the stock may be removed by passing a piece of kitchen or blotting paper over the surface. Soup left from a meal will keep better if strained from the vegetables that have been served in it. In hot weather, stock left over must be boiled each day, and poured into a clean basin to prevent its turning sour. In warm weather, soups with milk in their composition should have a pinch of baking soda added.

Thickenings for soup consist usually of yolks of eggs and cream beaten together in a basin. Pour the boiling soup on them slowly, stirring well at the same time. Soups thus thickened should not be allowed to boil again, or they will curdle. Instead of eggs and cream, cornstarch and milk may be used to thicken soups.

Cheese Soup

Put 1-2 cupfuls of flour in a double boiler, and add gradually 2 cupfuls of cream, 4 tablespoonfuls of Crisco, 4 tablespoonfuls of grated cheese, salt, pepper and paprika to taste, and stir all over the fire until it forms a smooth paste. Add two well beaten eggs, mix thoroughly, cook two minutes longer, and allow to cool. Boil the paste into balls, and when all are formed, drop them into boiling water and cook them gently for five minutes. Drain, balls and put them into soup tureen. Pour over them three quarts of boiling stock and serve with a dish of finely grated cheese.

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REFRESHING AND APPETIZING QUALITIES OF FRESH FRUITS MAKE THEM IMPORTANT FOOD

BY ELLA BATES
School Nurse

Fruits are the seed bearing portions of plants. These seed-bearing portions are sometimes called fruits and sometimes vegetables.

Fresh fruits contain from 75 to 95 per cent water. It has been suggested that those fruits containing 80 per cent or more water be classed as flavor fruits and those with less than 80 per cent as food fruits—bananas, grapes and fresh figs are the commonest examples of this latter class. In drying the percentage of water falls to 30 per cent or less and the proportion of nutrients correspondingly is higher, so dried fruits fall into the class of food fruits.

As a class, fruits contain little or no fat. The olive is a remarkable exception. There is practically no protein in any of the fruits. Sugars and starches are the chief nutrients present. In ripe fruits this sugar is known as fruit sugar. Fruits contain characteristic organic acids and oils which give the peculiar flavor to bananas, strawberries and others. Digestibility of fruits varies with the kind of fruit and mode of preparation. Stewed fruits are more easily digested than raw. Oranges, lemons, grapes, and peaches are very easily digested.

Orange Juice Is Fine

Orange juice should be given all growing children and be frequently administered to babies that are artificially fed. In fact, all artificially fed babies should have it daily, beginning with a teaspoonful of strained juice and increasing it to the needs of the individual baby. In case it is difficult to obtain oranges, strained canned tomato juice may be given with equally good results. A great many babies with rough skins would be very much benefitted by the use of either the orange or tomato juice and should have it daily as these contain minerals and vitamins so essential to normal growth.

It is important to those who are obliged to exclude sugar from the diet to know that the fruits containing the least sugar are the plum, peach, apricot and raspberry. Those containing the largest amounts are apples, sweet cherries, grapes and pears. The apple is especially good in cases of acidity of the stomach. The juice of the ripe pineapple contains a remarkable digestive ingredient and is especially powerful in the digestion of proteins. Dates, figs, and prunes are high in food value and sweetness and are satisfactory to a child as candy.

The banana contains as much starch as the potato and therefore it is not easily digested and should never be given to children under twelve years uncooked.

Acids Help the Body

Fresh fruits are chiefly of value for their refreshing and appetizing qualities and for their mineral and vitamin constituents. The organic acids help to regulate the body processes. Fruits are also valuable for bulk which is an essential factor in diet. Intelligently used, fruits are a valuable part of a well balanced diet and a more general use of them should be encouraged.

The dried fruits compare favorably with bread, dried beans, and other foods as to energy value.

Over-ripe or unripe raw fruit should never be given children. All fruit should be thoroughly washed before serving.

The fruits and vegetables best suited to be given children are spinach, chard, beet greens, strained stewed tomatoes, stewed carrots, boiled onions, lima beans, well cooked string beans, peas, mashed cauliflower, squash, stewed celery, asparagus tips

NO JESUIT CANDIDATE

LONDON, Jan. 27.—A dispatch to the Central News from Rome asserts that General Ledochowski, leader of the Jesuits, in an interview with the Popolo Romano, said the Jesuits did not intend to put forward a candidate for pope at the coming conclave.

AUSTRIAN CROWN STRONG

VIENNA, Jan. 27.—Crowns recovered 1100 points on the dollar in the Austrian exchange market today, chiefly on account, it was believed, of London that a loan of 2,500,000 pounds might be forthcoming.

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To keep juicy pies from soaking the crust

—bake them in a glass plate in a hot oven with the heat coming from below. The glass heats quickly and bakes the lower crust before the juice can soak in. Reduce the heat to finish baking the pie.

There are remedies as simple as this for every one of your pastry troubles. Using Crisco for shortening will prevent many of them. Crisco helps to prevent tough pastry because it is the richest shortening and works into the dough with little handling. It prevents indigestible pastry because it is a healthful vegetable product. It prevents all greasy taste because it has neither taste nor odor; its delicacy permits the full flavor of the pie filling to prevail. This modern cooking fat is unlike anything you have tried. Use it for all your cooking and see how much it improves everything you make.

Try Crisco in this recipe

BERRY PIE

2 tablespoonfuls Crisco 1 tablespoonful flour
1 generous pint berries ½ teaspoonful salt
1 cupful sugar Plain Crisco pastry

Line the plate with part of the plain pastry, letting it emerge ¼ inch beyond the plate; roll the rest of the pastry into a thin sheet, spread one-half with one tablespoonful of the Crisco and fold the other half of the paste over the Crisco; spread the other tablespoonful of Crisco over half of this paste, and fold to cover the shortening; pat and roll into a long strip; fold three times and roll to fit the lower paste; make a few slits in the center. Turn the berries and other ingredients into the pastry-lined plate, brush the edge with cold water, set the second piece of the paste in place, pressing the edges close together; set to bake in an oven hot on the bottom; bake about half an hour.

PLAIN CRISCO PASTRY

1½ cupfuls flour ½ teaspoonful salt
½ cupful Crisco Cold water

Sift flour and salt and cut Crisco into flour with knife until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly with hand into dough; roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling-pin, and roll from center outward. Sufficient for one small pie.



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